

From the Department of Personnel / Employee Wellness

Mediterranean Nutrition Program

Learn how to incorporate Mediterranean eating into your day.

Participants will receive a **FREE Make Every Day Mediterranean cookbook** that includes a 28 day menu plan.

February 8-March 21

Sign-
up by
Jan 25!



Participants will:

- Have a chance to be entered into weekly \$25 gift card prize raffles
- Receive weekly tips and resources

Sign-up

by contacting BeeFit Wellness Coordinator Cathy Hargrove: hargrovec@stlouis-mo.gov or 314-622-4849.

Learn more about Mediterranean eating and cookbook at oldwayspt.org.

The **Around the Mediterranean** activity challenge can be combined in conjunction with this program. Click [HERE](#) to join. Sign-up for both programs is not required.